



-Thank you for joining us on this journey as we complete a very large goal!
Remember “Every Step Counts.” In this document you will find startup instructions for the Pacer app we are using for this competition along with some basic navigation tips.

Downloading The App:

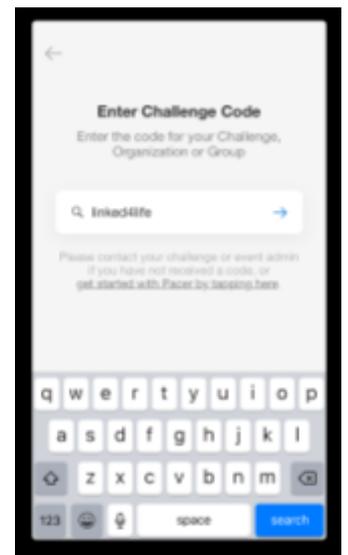
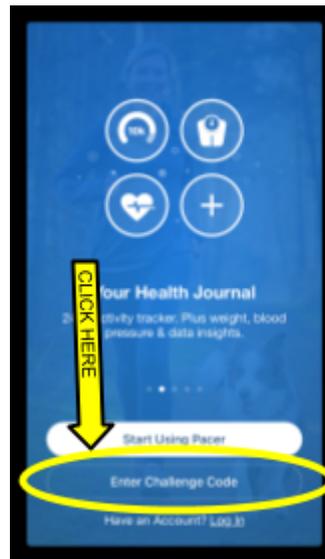
Visit :

<https://www.mypacer.com/organizations/linked4life/invite>

-or- Scan the QR CODE to the right:

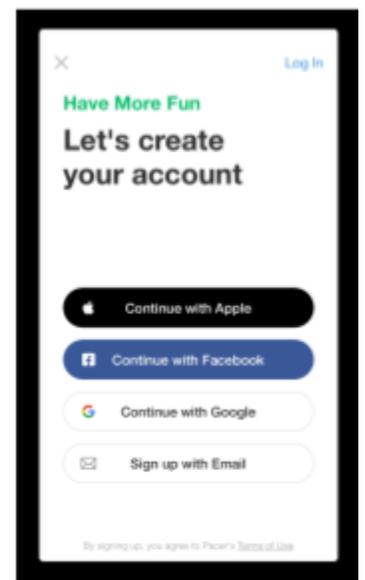


QR codes can be scanned with most smartphone camera apps



Registering & Creating an Account:

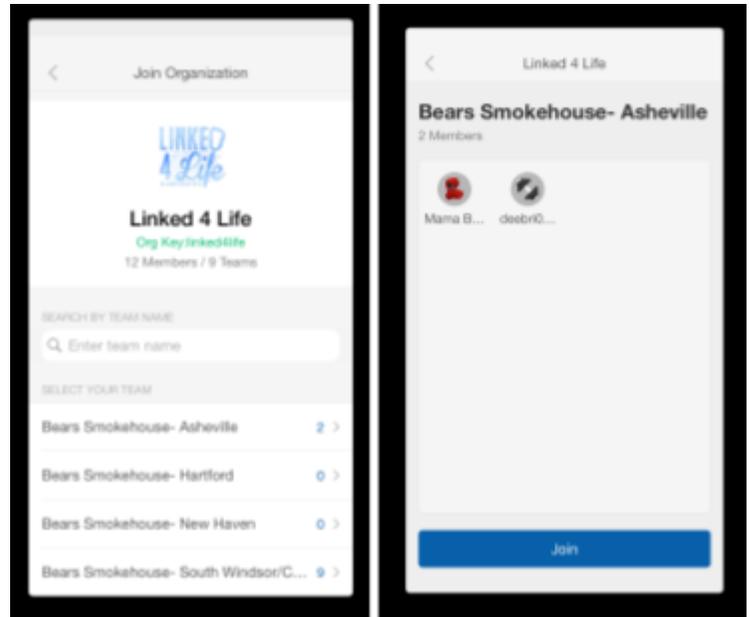
- 1) Open The App
- 2) Click “Enter Challenge Code”
- 3) Enter “linked4life” in the box and then click the arrow.
- 4) Click “Join”
- 5) Create an Account using your preferred Method





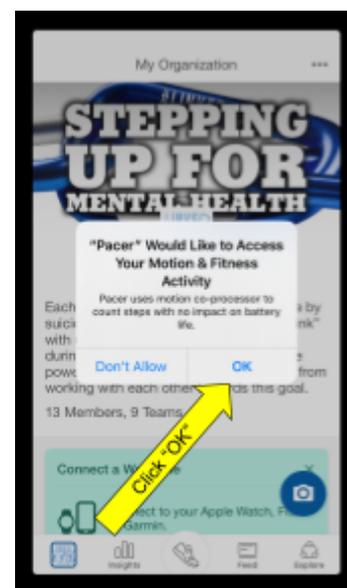
Joining A Team:

- 1) Once you create your account you will be prompted to join a team.
- 2) You can either search for the team you would like to join using the search bar, or you can scroll and find the team
- 3) Once you have found the team you would like to join, click on the team name.
- 4) The next screen will show the team and members,
- 5) Click join. (you will receive a notification that you will not be able to change your team after without assistance.
- 6) You are now ready to start tracking your miles!!!



Giving The App Access:

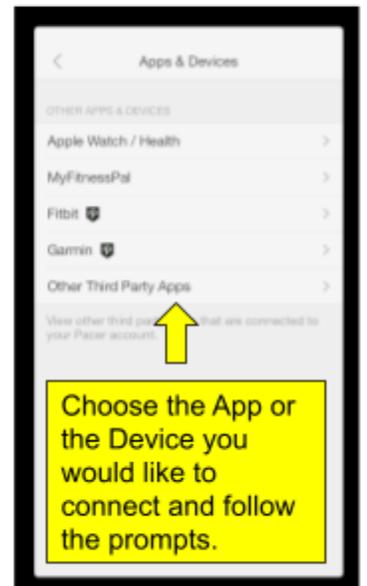
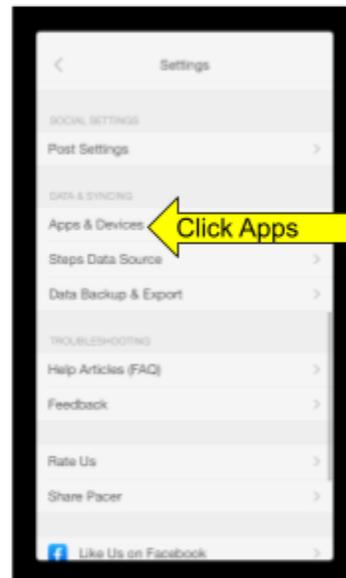
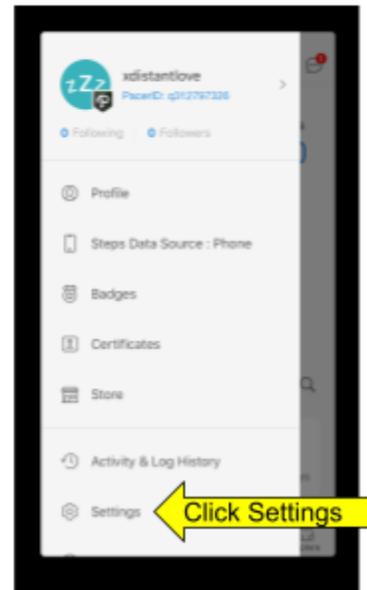
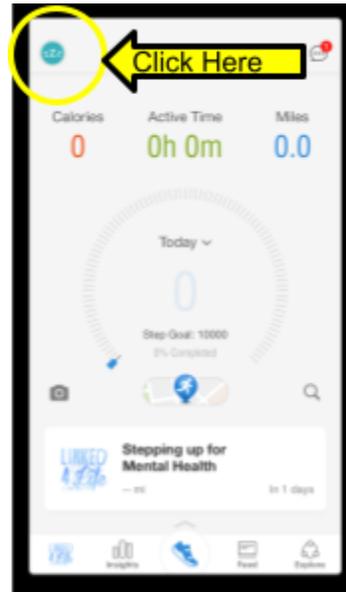
- 1) The app will ask for permission to your motion and fitness activity
- 2) Select "OK"





Connecting Apps & Devices:

- 1) On the main screen click the icon in the top left corner (note this icon will be different from person to person depending on the icon you select during account creation)
- 2) When the side menu pops up click “Settings”
- 3) Then Click “Apps & Devices”
- 4) Select the app or device you would like to connect and follow the prompts. You may need to allow access in your phones settings depending on your phones security settings
- 5) Once an app or device is connected, it will automatically import your miles tracked on that device/app.





Manually Inputting Activities:

-Once you have given your phone and devices permission to submit data to the Pacer app it will automatically import daily. However you may have instances where you cannot use your phone/devices to track miles. Activities include: Row Machine, Treadmill, Stationary Bikes or Swimming. For these you will manually add the distance in. See instructions below.

- 1) On the home screen Scroll down until you see “Activity”
- 2) Click on “Activity”
- 3) Select the type of activity you are performing and enter the information requested
- 4) NOTE: Please only use activities that are distance oriented.

